

Shopping List

A plant-forward Christmas menu? Khanya Mzongwana has a plan! Pick which dishes you're making, tick off the ingredients you already have at home, and head to Woolies, armed and ready!

JERK-STYLE TOFU WITH GREEN VEGGIES AND SPINACH REMOULADE

- limes 4
- ground nutmeg 1 t
- whole allspice 1 t
- dried thyme 1 t
- habanero chillies 2
- ginger 1 thumb-sized piece
- spring onions 100 g
- onion 1
- brown sugar 120 g
- garlic 4 cloves
- paprika 1 T
- sunflower oil cup
- extra firm tofu 700 g
- extra virgin olive oil 4 T
- green beans 100 g
- asparagus 100 g
- mangetout 100 g
- fresh peas 100 g
- edamame beans 100 g
- Tenderstem broccoli 100 g
- butter beans 1 x 400 g can
- sea salt
- freshly ground black pepper
- lime 1
- baby spinach 100 g
- Woolworths vegan mayonnaise
- Dijon mustard 1 T
- lemon 1
- sea salt
- freshly ground black pepper

PLANT-BASED WELLINGTON

- Woolworths Beyond Meatballs 400 g
- medium onion 1, finely chopped
- paprika 1 T
- Woolworths steak rub 1 T
- sea salt
- freshly ground black pepper
- extra virgin olive oil 4 T
- extra virgin olive oil 2 T
- brown mushrooms 200 g
- thyme 1 sprig
- sea salt
- freshly ground black pepper
- large spinach leaves 4
- Woolworths frozen puff pastry
- 2 x 400 g rolls
- oat milk 4 T

ROAST POTATO SALAD WITH DEVILLED EGG DRESSING

- large free-range eggs 4
- mayonnaise ½ cup
- lemon 1
- extra virgin olive oil 4 T
- smoked paprika 1 t
- dill a few sprigs
- sea salt
- freshly ground black pepper

CHEESE SNACKING WREATH

- Woolworths dairy-free white salad cheese 260 g
- Woolworths plant-powered dairy-free hard cheese 130 g
- Woolworths dairy-free Cheddar cheese 80 g
- oranges 4
- radishes 180 g
- nectarines 4
- Woolworths exotic cherry tomatoes 200 g
- Woolworths savoury selection crackers 360 g
- Woolworths pitted Kalamata olives 200 g
- Woolworths olive stir-through pasta sauce 1 x 100 ml jar
- Woolworths nut and seed sprinkle 35 g

CORN-AND-COCONUT MILK BAKE

- sweetcorn 4 cobs
- coconut milk 1 x 400 ml can
- Woolworths crushed garlic, ginger, chilli and turmeric 1 punnet
- sea salt
- freshly ground black pepper
- butter 200 g

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AIR-FRYER BAKED BRINJAL WITH LEMONADE MAYONNAISE AND GREMOLATA

- extra virgin olive oil 4 T
 - smoked paprika 1 T
 - garlic 1 T
 - sesame seeds 1 T
 - cumin seeds 1 t
 - sea salt
 - freshly ground black pepper
 - large brinjals 4
 - Woolworths vegan mayonnaise 2/3 cup
 - lemon 1
 - sea salt
 - freshly ground black pepper
 - brown sugar 1 T
 - mint a few sprigs
 - Italian parsley 10 g
 - lemon 1
 - orange 1
 - salt flakes 1 t
 - mint 10 g
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UPHUTHU WITH BLACK QUINOA AND BUTTER-ROASTED ONIONS

- water 6 cups
 - salt
 - maize meal 400 g
 - Woolworths black quinoa 100 g
 - baby onions 8
 - extra virgin olive oil 2 T
 - butter 100 g
 - garlic 4 cloves
 - rosemary 1 sprig
 - thyme 1 sprig
 - sea salt
 - freshly ground black pepper
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CHEESE-AND-ATCHAR DINNER ROLLS

- cake flour 800 g
 - instant dry yeast 10 g
 - brown sugar 40 g
 - salt
 - Woolworths hot vegetable atchar
 - Cheddar 200 g
 - spring onions 100 g
 - lukewarm water 3 cups
 - cream cheese 2
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